



NEWS/TALK
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5th Annual Grace Oughton Memorial/ 5K Run/Walk & Kid's 1-Mile Fireman Chase

Patriot Park - Spotsylvania, VA - September 12th, 2010
5K at 8:30 am, Fireman Chase at 9:30 am

The Grace Oughton Cancer Foundation was founded in January 2006 in order to support the family and health care needs of Grace as she fought a rare and deadly form of cancer. While Grace's valiant fight against Neuroblastoma ended in October of 2007, the dream to help other children fighting cancer did not die. Families suffer financial hardships from insurance denials, travel challenges and expenses, excessive time away from work, and lost wages. More importantly their family endures stresses that are devastating. Simply keeping the family together is a monumental struggle. **The GOCF has the vision to help families in our area conquer all of these challenges through the development of a full-service pediatric field clinic here in our region.** This will become a reality, but we can't do it without your help. Please participate to help kids in your community. The Grace Oughton Cancer Foundation is a non-stock corporation registered with the Commonwealth of Virginia's State Corporation Commission and is a 501(c)3 tax-exempt charitable organization. Our Federal Tax ID number is 20-5721036.



Online: www.racetimingunlimited.com or Mail Registration Form to: The Race for Grace 9406 Onyx Ct. Fredericksburg, VA 22407	
Registration:	
Fees:	Checks Payable to: Grace Oughton Cancer Foundation Memo: Race for Grace 5k Run/Walk Fireman Chase \$25 Until August 21 st \$15 Until August 21 st \$30 Aug 21 – Sep 11 \$18 Aug 21 – Sep 11 \$35 Day of Event \$20 Day of Event
Packet Pick-Up	September 11 th : 4p – 8p Race Day: 6a – 8a Location: Patriot Park Amphitheater
Timing	Chip-Timing for 5K and for “Chase” participants ages 5+ by Race Timing Unlimited Official results will be provided to all chip-timed participants.
Courses	Certified 5k Course – Paved Path, Hard Dirt, Grass, & Gravel 1 Mile Wheel Measured – Paved Path
Start	Near Patriot Park Amphitheater 5k @ 8:30a Fireman Chase @ 9:30a
T-Shirts	Those registered by August 21 st will receive a shirt. Others, while supplies last.
Awards	Award Ceremony – 10a Food & Drink Provided 5k Awards : Overall Female/Male and Top 3 in Each: -13, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+ Fireman Chase Awards : All Participants ***\$1000 prize to the athletic program of the school with the most registered runners by 9-11-2010***

For More Information, Call Alec at 804-873-2067 or 888-900-GOCF (4623)



2010 Registration Form

Circle One: **5k Run/Walk** or **1 Mile Kids Fireman Chase**

<i>Name:</i>		<i>Sex:</i>	
<i>Street:</i>		<i>Date of Birth:</i>	
<i>City, State, Zip</i>		<i>Phone</i>	
<i>Email</i>		<i>**School Affiliation for \$1000 Prize:</i>	
<i>Adult T-Shirt Size:</i> S M L XL XXL		<i>Youth T-Shirt Size:</i> S M L	

Registration Amount Enclosed: \$
Tax Deductible Donation Amount: \$
Total: \$

Waiver and Release

I, the undersigned, know that running or walking a road race is a potentially hazardous activity and I should not enter the Grace Oughton 5K run/walk or Miracle Mile unless I am medically able and properly trained. I assume all risks associated with participating in the event including, but not limited to, falls, contact with other participants, the effects of weather, traffic and road conditions, all such risks being known and appreciated by me. I agree to abide by any decision race officials relative to my ability to safely compete in the 5K or Miracle Mile. Having read this waiver and knowing these factors, and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf waive, release and indemnify the organizers and sponsors of this event and all of their agents, and their representatives and others from all claims or liabilities of any kind arising out of my participation in this event even though liability may arise out of negligence or carelessness on the part of persons named in this waiver. I grant permission to all foregoing to use any photographs, videos, recordings or any other record of this event for any legitimate purpose. I understand that strollers are permitted in the Miracle Mile only. I further understand that no rollerblades, skates, bikes, skateboards or pets of any kind are permitted in either the 5K run or Miracle Mile.

Signature (Parent or Guardian Must Sign if Under 18 Years Old)

Date